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ABSTRACT

This manual for parent educators presents the "Bringing Up Boys" program, a series of group sessions designed for sole mothers raising sons up to age 12. Mothers raising sons without a father's input face a range of concerns. Participants are encouraged to share ideas and experiences in a supportive, non-judgmental environment. The program's focus is on: (1) how boys learn to be men and the idea of "masculinity"; (2) how to raise responsible, non-aggressive sons, particularly if there is a risk of a generational cycle of violence; (3) setting limits and disciplining boys; and (4) strengthening the bond that exists between mother and son. The manual functions as a resource tool for social workers, counselors, and psychologists who are interested in doing such group work with mothers who are sole parents. Section 1 of the manual describes the program, including its rationale, objectives, target group, theoretical foundations, how to set up the program and use the manual, the group leadership approach, group dynamics, and evaluation. Section 2 presents the group sessions: (1) "Getting to Know Each Other"; (2) "Exploring Gender Stereotypes and Ideas"; (3) "Communication"; (4) "Feelings and Emotions"; (5) "Setting Limits and Boundaries"; (6) "Dealing with Anger"; (7) "Separation, Grief and Loss"; (8) "Winding Up and Moving On"; (9) "Sexuality"; (10) "Parenting after Violence"; and (11) "Lesbian Mothers Parenting Sons" (the final three sessions are optional). Appendices present resources, evaluation material, and a brief bibliography. (EV)

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